

# Growing Healthy Families

MIDDLEBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
156 South Village Green, Middlebury, VT 05753 • 1-802-388-4644 or 1-888-253-8804

## Middlebury WIC is last in line!

Beginning in May 2016, families served by the Middlebury WIC office will be the last to begin using the new WIC card and no longer receive home delivered foods. Don't miss out on our learning sessions where you can learn about the new WIC foods and how the WIC card works.

## Get your family moving!

### **Middlebury Playgroup**

Every Wednesday, 9:30–11:00 a.m.  
Memorial Baptist Church

Children birth–6 years welcome.

### **Vergennes Playgroup**

Every Wednesday, 9:30–11:00 a.m.  
Congregational Church

Children birth–6 years welcome.

### **Bristol Playgroup**

Every Tuesday, 9:30–11:00 a.m.  
Baptist Church

Children birth–6 years welcome.

### **Tot Time!**

Every Wednesday and Thursday  
10:00–11:00 a.m.  
Middlebury Municipal Gym

Open gym time for kids!

## Valentine's Day baby shower

Tuesday, February 9; 11:00 a.m.–Noon  
Vermont Department of Health  
WIC office, Conference Room  
156 South Village Green, Suite 102  
Middlebury

Join the breastfeeding peer counselors for an hour of fun games, delicious food, and shopping for books, clothes, and other baby essentials at our Valentine's Day community baby shower! Can't make it? Don't worry, we have three more this year and you're invited to all of them! Don't miss out on these great opportunities to meet new and expecting moms just like you!

Look for your invitation in the mail from your peer counselor or call Gillian at 802-388-5741.

## Need breastfeeding help?

Don't waste a minute, check out the resources available to you now!

### **Middlebury WIC office**

Call the Middlebury WIC office at 388-4644 and ask for Jessica or Gillian to schedule a time to come in or to get connected with a Breastfeeding Peer Counselor.

### **La Leche League**

First Thursday of each month at 10:00 a.m. at Junebug Resale Shop, Star Mill Building on Park Street, Middlebury. Call Emily 388-0363 or Junebug at 388-1055 with questions.

### **Natural Beginnings**

#### **Breastfeeding Support Group**

Third Thursday of each month  
11:00 a.m.–1:00 p.m. at Ilsley Library, Middlebury. Call Vicky K. at 236-4136 with questions.

### **Visiting Nurse**

388-4644. Call WIC and we can arrange a nurse to come visit you to help with breastfeeding.

All activities are FREE  
of charge!



## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting May 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### Getting your card

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Middlebury Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### Ready, set, shop!

Home delivery for Middlebury District Office WIC families will end the last week of April, 2016. You'll be able to use your new WIC card in authorized stores beginning May 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity. The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhmiddlebury](https://www.facebook.com/vdhmiddlebury)

## Middlebury eWIC Learning Sessions

Drop in anytime during the times listed. Contact the WIC office if you are interested in a different day! 388-4644.

**Wednesday, February 17**

7:45 a.m.–4:30 p.m.

WIC Office

156 South Village Green  
Middlebury

**Friday, February 19**

7:45 a.m.–4:30 p.m.

WIC Office

156 South Village Green  
Middlebury

**Tuesday, February 23**

7:45 a.m.–4:30 p.m.

WIC Office

156 South Village Green  
Middlebury

**Thursday, February 25**

7:45 a.m.–4:30 p.m.

WIC Office

156 South Village Green  
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**Monday, February 29**

7:45 a.m.–4:30 p.m.

WIC Office

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